

Theme: Dairy Group *Milk and dairy foods help us build strong, healthy bones and teeth!*

In this lesson, children learn to associate drinking milk and eating dairy foods with building strong bones and teeth. They also learn to associate the color blue and letter “D” with dairy.

Learning Objectives:

1. Children will recognize dairy as a food group on MyPlate.
2. Children will be able to identify two foods that are in the dairy group.
3. Children will recognize that milk and dairy foods (sometimes) come from cows.



Introduction: 7 minutes

- Greet the children and remind them you are there to read a story and teach them about healthy eating!
- Ask the children if they remember last week’s lesson on vegetables and if they can name a vegetable we learned about.
- Display the MyPlate poster, then identify each food group by name and color and have the children repeat them after you.
- Point out the **blue** section and explain that it represents the **dairy** group (**dairy** begins with “D”, have them repeat after you). Hold up the dairy poster and ask the children to help you name the foods and talk to them about how to incorporate them into our snacks and meals.
- Ask the children if they know where milk comes from, then explain that milk comes from cows and that we make other dairy foods with milk. Explain that it’s important to drink milk and eat foods in the dairy group to grow strong bones and healthy teeth. Talk about the number of bones in the body (206) while having the children feel their own – skull, spine, ribs, arm and leg bones, pelvis, hand and foot bones, teeth, etc.

Read Aloud: 8 minutes *Choose one book from the Book List provided*

- Introduce the book title and author.
- Show children the cover of the book and ask them to make a prediction about the story.
- Utilize Book Guide provided and ask children questions before, during, and after the story when appropriate.
- After finishing the book, ask the children if they enjoyed the story. Conclude by making a connection between the story and lesson objectives.

UConn Husky Reads - Preschool Lesson 5: Dairy for Healthy Teeth and Bones

Activity: 6 minutes *Moo like a Cow for Dairy*

Remind the children that milk and foods in the dairy group are made from milk which sometimes comes from cows. Ask them, “Do you know what sound a cow makes?” Introduce the class to “Miss Moo”, the cow puppet and have them say Miss Moo’s favorite word (which is “MOO”, you can have them do a loud moo, soft moo, or jumpy moo like in *How to Speak Moo*). Show them the food image cards one at a time and have them identify it. If the food is in the dairy group, have the children “MOO” and do the fun activity listed on that card. When shown a nondairy or “sometimes” food, have the children “BOO” and freeze.



Tasting: 5 minutes *Yogurt with fresh fruit*

Please be sure to have the children wash their hands before eating; wear food service gloves while preparing and serving food; and clean surfaces before and after your lesson. Place about 2 Tbs of low-fat vanilla yogurt with strawberries or blueberries on top in a tasting cup. Distribute to tables with a spoon and napkin for each child. Ask children to wait to taste until everyone is seated. On the count of three, have everyone taste a spoonful of yogurt together. If a child has a particularly difficult time trying the snack, ask them if they’ll have a “no thank you bite” or tell them it is fine and that they might like to try it next time.

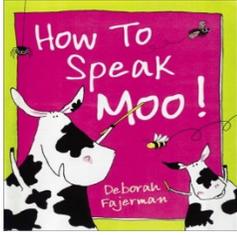
Review: 4 minutes

While children are sitting at the table, review the learning objectives of the lesson. Ask if they can name a healthy food or exercise that they learned about that day. Thank the children for spending time with you and let them know you will be back next week with a new story, activity, and food to try! Distribute stickers to the children or the teacher before leaving the classroom.

Materials needed:

- MyPlate and Dairy posters
- Cow puppet
- Food image cards, 7 with dairy foods and 4 nondairy
- CD’s and player, or smartphone with songs
- MyPlate or Dairy stickers
- Low-fat vanilla yogurt and strawberries or blueberries
- Cups, spoons, and napkins
- Sanitation kit (disinfecting wipes, disposable gloves, paper towels, first aid, hand sanitizer)

Lesson 5 Book List and Book Guide



How to Speak Moo by Deborah Fajerman

Age Range: 2-5 yrs

Grade Level: Pre-K - Kindergarten

Length: 32 pages

This is a silly book that will be sure to grab the attention of your children! While reading we learn about all the different ways cows moo. Some are loud and others are quiet, some are jumpy, wild, or sleepy moos.

Before reading the book:

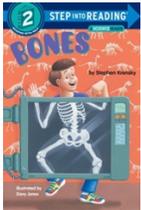
Ask the children if they know what animal milk and dairy foods come from. Ask them what noise cows make. Let them in on a secret that moo has its own language and we're going to learn how to speak it!

During the story:

Have the children moo along as they are taught on each page. For example, ask the children to give you their LOUDEST moo, or to give you echoing moos.

Following the book:

Tell the class that they are now experts in the language of moo, they can now talk to our friend Miss Moo (the cow puppet). Proceed to the activity.



Bones by Stephen Krensky

Age Range: 4-6 yrs

Grade Level: Pre-K - 1st

Length: 32 pages

This book showcases the many bones in the human body. Children will learn about how bones help us move, jump, and play. Children will also learn that animals have bones too that help them move and play.

Before reading the book:

Ask the children to remind you what food group we are learning about today. Ask them what drink we get from cows to help our bones be strong. Once the children say "milk" congratulate them on the correct answer and ask them if they want to learn more about how milk can help our bones stay healthy.

During the story:

Have the children point to and feel their bones as they are introduced throughout the story.

Talk about how we cannot see our bones but the characters are using an x-ray machine to see theirs! They have these special machines at the doctor's office to look at our bones!

Following the book:

Ask the children what fun activities they like to do and what bones help them do those things.